

**PREPARE ACADEMICALLY**

Explore subjects in math and science.

Take as many math and science classes as you can.

Learn about the premed competencies.


Practice the behaviors that medical schools value.

**BUILD THE SKILLS DOCTORS NEED**

Continuously improve.

Ask counselors, teachers, and employers for feedback on your skills.

**MAKE YOUR FORTUNE A REALITY.**



**AAMC**

Check out the Summer Health Professions Education Program.

Pursue summer enrichment.

**EXPLORE PROGRAMS FOR HIGH SCHOOL STUDENTS**

Prepare for early opportunities.

Search the AAMC's free database of medical pathway programs.

Find positions at hospitals, community health clinics, or organizations.

Look for activities and programs.

**VOLUNTEER & LEARN ABOUT HEALTH SCIENCE CAREERS**

Obtain professional experience or certifications.

Consider training as a certified nursing assistant or an EMT.

Learn effective study techniques and time management.

Develop good study habits.

**HOW TO FOLD A COOTIE CATCHER**

1. Cut off the directions so you are left with a square & writing is face down
2. Fold
3. Unfold
4. Fold
5. Unfold
6. Fold all four corners...
7. ...into the center
8. Flip entire square over
9. Fold all four corners...
10. ...into the center again
11. Fold in half horizontally and vertically
12. Insert fingers into flaps & have fun!